



Physical Activity—

# Weekly Team Huddles



Meeting with your team regularly will help you to work more closely as a team and support each other in reaching your goals. Use these team huddles as a chance to get to know your team members better and have a little fun!

**Week 1:** Pick a great team name.

**Week 2:** Take a walk to brainstorm ways to overcome barriers to physical activity that team members are facing.

**Week 3:** Plan team activities—a brief walk during breaks or at lunch, support a charity 5K or walk-a-thon, or toss a Frisbee around during break-time.

**Week 4:** Walk to a local restaurant together and enjoy a healthy lunch.

**Week 5:** Try a new sport or activity together.

**Week 6:** Leave your cars in the spaces farthest from the entrance and walk into work together.

**Week 7:** Walk to a nearby farmers' market together during your lunch break.

**Week 8:** Gather to stretch and share success stories.

**Week 9:** Meet for weekend fitness opportunities (walking, playing Frisbee, basketball, etc.) at a local park.

**Week 10:** Highlight the success of individual team members.



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# Bright Ideas from Your Team Captain



Here are some easy, fun ideas that may help your team members reach their goals.

**Plan physical activity, just like you would any other appointment or meeting.**

### BEFORE WORK

- Get off the bus one or two stops early and walk to work.
- Park a little farther from work than usual and walk.

### DURING WORK

- Keep a bag packed with shoes and other gear for physical activity at work.
- Stretch frequently.
- Walk to the farthest water fountain or rest room on another floor.
- Choose a lunch spot that you can walk to.
- Schedule your next meeting as a walking meeting.

### AFTER WORK AND AT HOME

- Go for a walk instead of sitting down and watching TV.
- When possible, walk or bike instead of driving to run errands.
- Dance to your favorite music with your family.
- Get off the bus one or two stops early and walk home.
- Walk around the field when you are at your children's sporting events or practices.
- Play catch, ride bikes, fly a kite, or kick a ball around with your kids and other family members.
- Exercise during the commercial breaks while watching TV (crunches, march in place, jumping jacks, etc).



For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA's Food Stamp Program, an equal opportunity provider and employer.